

Butterfly Bulletin

The Newsletter of Monadnock Area Peer Support Agency, Created by Our Members

Vol.19 No.9

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September

Monadnock Area Peer Support Agency

64 Beaver Street, PO Box 258, Keene, NH 03431

Mon. & Fri. 9:00 am to 5:00 pm & Wed. 11:00 am-7:00 pm & Tues. & Thurs. 9:00 am-7:00 pm

Phone: (603) 352-5093, (603) 352-5094 or Toll Free (866)-352-5093/FAX: (603) 355-8211

Warm Line Hours: 4:00-9:00 pm, 7 Nights a Week, 365 Days a Year

Warm Line Numbers: (603) 352-5093 or try our Toll Free Number (866) 352-5093

www.monadnockpsa.org

Monadnock Area Peer Support Agency is a Monadnock United Way Agency





Monadnock Area Peer Support Agency & Monadnock Peer Respite Mission Statement

As a peer driven organization, it is the mission of Monadnock Area Peer Support Agency (MPS) to promote wellness and recovery, as defined by the individual, through Intentional Peer Support, and to provide advocacy, educational, vocational, interpersonal, social and spiritual opportunities to adults who utilize mental health services. Together, we learn wellness strategies, develop mutually beneficial relationships, and support each other in attaining increased capacities for self-determination, independence and personal growth.

What is Monadnock Area Peer Support Agency?

Have you ever felt like no one understands or knows what it's like to struggle with mental health challenges? Do you self-identify as someone with mental health challenges or with a mental health issue?

Monadnock Area Peer Support Agency (MPS) is a place where anyone with lived experiences of mental illness can come, enjoy and participate in an atmosphere of mutual peer support. The members of MPS are respectful, accepting and nonjudgmental. We strive to utilize **Intentional Peer Support (IPS)** in our interactions and aim for recovery and wellness in our current life choices. We offer each other inspiration and empathy and encourage each other to achieve our dreams. We benefit from participation in **FREE** groups, activities and events that promote recovery and wellness.

You might have used mental health services in the past or you might be using mental health services now or maybe you're new at this—whatever your story, we hope you will join us.

MPS is a safe place to rediscover and maintain hope—it's a safe place to be you.



Contact: Doug Robertson, Respite Coordinator

drobertson@monadnockpsa.org

www.monadnockpsa.org (603) 352-5093

Transforming 'crisis' into opportunities ; to learn, heal, and grow.

...for anyone who is experiencing distress and feels they would benefit from being in a short-term, 24-hour, peer-to-peer, supported environment with others who have "been there." We strive to provide a safe place in which each person can find the balance and support needed to turn what is so often referred to as 'crisis' into a learning and growth opportunity.

Monadnock Peer Respite (MPR) is founded upon years of community advocacy that has recognized the value of peer-to-peer support. It operates based upon several core values including genuine human relationships, self-determination and personal strength, mutuality, optimism, healing environments, and respect.

While at MPR, you'll have the opportunity to connect with people who know how to listen and who have lived experience. You will also have the privacy of your own room, time to rest and take a break from life's concerns. You will be in charge of how you use your time during your stay.

To get started... If you think you might be interested in staying at MPR, contact us and let's start a conversation about what you're looking for and whether MPR may or may not be the right fit for you!

THANK YOU:

Tini for painting a calendar, and for fruit donations
Larry C. for white Christmas Tree, and sunflowers
Erika F. for flowers and pizza
Tini, Toby and Jim N. for news letter delivery
Brian, Lynn, Tracy, and all who helped with the community lunches

MPS & MPR Wish List

Cups and mugs
Gel pens
Thin markers for coloring
Coffee
Windows 10 desktop computer—2014 model or later
Rugs
Books
Rolling office chair
Office desk
Wireless door bell (plug in)
AA and AAA batteries
Scissors
Tall floor lamps
Clock radio or small boom box
Extension cords
Power strips



Marla's Cabinet Wish List

Deodorant (Men's & Women's)
Body wash
Shampoo
Razors
Shaving Cream
Tampons



We are always looking for new contributions! If you have artwork, photographs, poetry, prose, fiction, non-fiction, letters, etc., please drop a copy off at/send a hard copy to 64 Beaver Street—Keene NH 03431 or submit electronically at jnoyes@monadnockpsa.org. Submissions are published first come, first serve & on an ongoing basis. Questions about your submission? Please call (603) 352-5093. Opinions expressed in these pages are those of the individual artists and do not necessarily reflect the opinions or positions of Monadnock Area Peer Support Agency, its staff, supporters or funders.



Recovery Day at Surry Dam





Support Groups, Wellness Groups and Activity Descriptions

Anxiety/Depression Support: Fridays, 3:00-4:30 pm

The purpose of this group is to provide us with the opportunity to talk honestly and openly about our experiences with anxiety, depression, and related topics. It is a place where we can find connection and understanding by talking about our common experiences.

Arts and Crafts for Recovery: Tuesdays 3:00-4:00 pm

For many people, creativity plays a key role in maintaining recovery and wellness. Come flex your artistic muscles and make some art that will help inspire you as you continue on the road of recovery and wellness! This group started as a Member idea and is largely Member-run.

Check In: Monday, Tuesday, Thursday, Friday & Saturday at 9:15 am; Wednesday at 11:15 am; and Check Out: Monday & Friday at 4:45 pm, Tues. Weds. Thurs. at 6:45 pm

Join us at the beginning or end of each day for Check In or Check Out, a time where we gather in the Living Room and share how we are. It is always acceptable to say "pass" if you don't have anything you would like to say. Share your answers for the question of the day and join with us as we create a supportive community!

Community Kitchen/Grocery/Pharmacy Run: Wednesdays, 12:00 - 2:00 pm

If you need a ride to the Community Kitchen, Market Basket and/or the pharmacy in Keene, we provide transportation to these places in our 10 passenger van. We may go to Walmart, Aldis, or the Dollar Tree instead of Market Basket if the group decides to.

Community Lunch Prep, Community Lunch & Lunch Clean-Up: Tuesdays, 10:30 am-1:00 pm

Do you enjoy cooking? Come make a meal with us! We bring lunch out to the barn and sit around the table, family style. If you help with prep or clean up the meal is free, otherwise the meal costs \$2. This is member run! *Please note: please sign up by Monday—we need 2 or more people to make lunch. Time subject to change.*

Community Meeting: Every other Tuesday, 1:15-2:15 pm

Monadnock Area Peer Support Agency is *your* Center. Attend this meeting and learn about groups, speakers and events; use your voice to suggest, question and have a say in how MPS is run. Help us plan the menu, find out about committees and hear what happened at the Board Meeting. If you miss a meeting or a speaker, check out the Community Meeting Minutes posted in the kitchen or the Monthly Speaker Binder in the Living Room.

Consumer Council: 3rd Tuesday of the Month, 10:00 am-1:00 pm

Are you interested in what's happening around mental health in the State of NH? You may join us as we teleconference for this statewide meeting that is held in Concord, NH. Please email Tom Grinley at Thomas.Grinley@dhhs.nh.gov for more information.

Community Garden: Thursdays 10:00—11:00 am

Are you interested in gardening? Come and be a part of planting, tending, and harvesting vegetables in our six raised beds. Help out with tending to our flowers on our grounds as well if you'd like.

Creative Writing: Thursdays, 3:00-4:30 pm

Creative Writing is a member run group. We explore new ideas, write for wellness and recovery, do journaling, fiction, poetry or autobiographical writing. People are invited to write what they chose. Any piece of writing can be submitted to the MPS Butterfly Bulletin if the writer wishes.

Depression/Bipolar Support: Wednesdays, 5:15-6:45 pm

Get support from others who have personal experience with feelings of depression, anxiety and/or bipolar in a safe and confidential environment. We are not a diagnosis, we are human beings. This group is limited to seven people and fills up quickly, so please call ahead to sign up for the group to make sure there is a spot for you.

RETURNING GROUP Recovery Group: Thursdays 5—6:30 pm

The purpose of this group is to talk about our addiction(s) and the emotions behind them, and how we move toward recovery. We focus on solutions, not the problem

Feelings of Anger: Mondays 1:00 - 2:30 pm

The purpose of this group is to provide us with the opportunity to talk honestly and openly about our experiences with anger, rage, frustration, and related topics. It is a place where we can find connection and understanding by talking about our common experiences.

Hearing Voices Network: Thursdays, 1:00-2:30 pm

If you hear voices, see, smell, feel or taste things that others don't, our Hearing Voices Network Group might be helpful to you. This group is connected to Inter-voice, the International Hearing Voices Movement, and is a safe place where people can meet and talk about their experiences without being judged or diagnosed. Please note: you do not have to self-identify as hearing voices to attend this group. *Please go to www.hearingvoicesusa.org for more information.*

LGBTQ+ Support Group: Tuesdays, 5:00-6:30 pm

This group is for people who do not identify as being heterosexual. Those attending this group will gain the benefit of giving and receiving support in a stigma-free, peer facilitated group with people who share similar emotional and life challenges.

Men's Group: Friday, 10:00—11:00 am

The Men's Group is a member run group for men to get together to talk about issues pertaining to males in today's society.

Movie/Game Group: Mondays, 1:30—4:30 pm

Come together and watch a movie and/or play board or card games each week. You are welcome to bring your own movies or games to share. We have a collection of about 130 movies to choose from, and about 16 board games. This group is member-run.

Music Group: Wednesdays, 3:00-5:00 pm

Come listen to and play /select a variety of music. This group usually consists of selecting songs from YouTube Music that play over our nice stereo system. Dance along if you wish, or just relax. You are welcome to play our piano or bring your own instrument to play. This group is member-run.

Print Week: Usually 3rd Week of the Month.

Come join us as we print the "Butterfly Bulletin Newsletter" and get it ready for delivery! *Please note: week is subject to change without notice.*

Survivors of Suicide Attempts: LAST Friday of the Month, 3:30-4:30 pm

For many of us, suicide can seem like the only option. If you have survived trying to end your life, this peer-run group is a safe place to talk about what you have been through and what you're going through in an empathetic and non-judgmental environment.

RETURNING GROUP Trauma Survivors: Thursdays, 3-4:30 pm

Trauma survivors is a place where individuals affected by trauma can talk openly about the effects of trauma without judgement or criticism in a confidential environment.

Volunteering at Fast Friends: Mondays, 10:45 am-12:45 pm

Come lend a hand to the staff of Fast Friends and visit with the animals. Note: In order to volunteer at Fast Friends you will need to fill out their application and go to their orientation on the third Sunday of the month at 11:00.

Warm Line: Seven Nights a Week, 365 Nights a Year, 4:00-9:00 pm

A confidential and non-judgmental peer support service offered nightly. Call the Warm Line at (603) 352-5093 or toll free at 1 (866) 352-5093 if you are feeling lonely, stressed, happy, have bad news or good news, or if you just want to talk with someone.

Did you know that MPS offers FREE transportation to our center at opening and from our center at closing? We cover the Monadnock Region. To sign up for a ride please call us 30 minutes before closing or earlier to get on the list! *Please note: Van is NOT ADA Accessible at this time.*

September

Monadnock Area Peer Support Agency: Groups, Events and Activities

MPS HOURS

Mon., Fri. 9:00 am-5:00 pm; Tues., Thurs. 9:00 am-7:00 pm; Wed. 11:00 am-7:00 pm

Monday	Tuesday	Wednesday	Thursday	Friday
2 Closed For Labor Day	3 Check In: 9:15 am Community Lunch: Prep, Lunch & Clean Up 10:30 am—1:00 pm Community Meeting 1:15-2:15 pm Arts & Crafts for Recovery 3:00-4:00 pm LGBTQ+ Support 5:00-6:30 pm Check Out: 6:45	4 Check In: 11:15 am Com. Kitchen/Grocery/Pharmacy 12:00-2:00 pm Music 3:00-5:00 pm Depression/Bipolar Support 5:15-6:45 pm Check Out: 6:45 pm	5 Check In: 9:15 am Community Garden 10:00-11:30 am Hearing Voices Network USA 1:00-2:30 pm Swimming 3:00-4:30 pm Recovery Group 5:00—6:30 pm Check Out: 6:45 pm	6 Check In: 9:15 am Men's Group 10:00—11:00 am Creative Writing 1:00-2:30 pm Anxiety/Depression Support 3:00-4:30 pm Check Out: 4:45 pm
9 Check In: 9:15 am Volunteering at Fast Friends 10:45 am-12:45 pm Feelings of Anger 1:00— 2:30 Movie/Game Group 2:45-4:30 pm Check Out: 4:45 pm	10 Check In: 9:15 am Community Lunch: Prep, Lunch & Clean Up 10:30 am—1:00 pm Arts & Crafts for Recovery 3:00-4:00 pm LGBTQ+ Support 5:00-6:30 pm Check Out: 6:45	11 Check In: 11:15 am Com. Kitchen/Grocery/Pharmacy 12:00-2:00 pm Music 3:00-5:00 pm Depression/Bipolar Support 5:15-6:45 pm Check Out: 6:45 pm	12 Check In: 9:15 am Community Garden 10:00-11:30 am Hearing Voices Network USA 1:00-2:30 pm Trauma Survivors 3:00-4:30 pm Recovery Group 5:00—6:30 pm Check Out: 6:45 pm	13 Check In: 9:15 am Men's Group 10:00—11:00 am Creative Writing 1:00-2:30 pm Anxiety/Depression Support 3:00-4:30 pm Check Out: 4:45 pm
16 Check In: 9:15 am Trip To Canterbury Shaker Village 9:10 am - 3:00 pm Feelings of Anger 1:00— 2:30 Movie/Game Group 2:45-4:30 pm Check Out: 4:45 pm	17 Check In: 9:15 am Community Lunch Prep, Lunch & Clean Up 10:30 am—1:00 pm Community Meeting 1:15-2:15 pm Arts & Crafts for Recovery 3:00-4:00 pm LGBTQ+ Support 5:00-6:30 pm Check Out: 6:45 pm	18 Check In: 11:15 am Com. Kitchen/Grocery/Pharmacy 12:00-2:00 pm Music 3:00-5:00 pm Depression/Bipolar Support 5:15-6:45 pm Check Out: 6:45 pm	19 Check In: 9:15 am Community Garden 10:00-11:30 am Hearing Voices Network USA 1:00-2:30 pm Trauma Survivors 3:00-4:30 pm Recovery Group 5:00—6:30 pm Check Out: 6:45 pm Board meeting 6:00 - 7:30 pm	20 Check In: 9:15 am Men's Group 10:00—11:00 am Creative Writing 1:00-2:30 pm Anxiety/Depression Support 3:00-4:30 pm Check Out: 4:45 pm
23 Check In: 9:15 am Volunteering at Fast Friends 10:45 am-12:45 pm Feelings of Anger 1:00— 2:30 Movie/Game Group 2:45-4:30 pm Check Out: 4:45 pm	24 Check In: 9:15 am Community Lunch Prep, Lunch & Clean Up 10:30 am—1:00 pm Arts & Crafts for Recovery 3:00-4:00 pm LGBTQ+ Support 5:00-6:30 pm Check Out: 6:45 pm	25 Check In: 11:15 am Com. Kitchen/Grocery/Pharmacy 12:00-2:00 pm Music 3:00-5:00 pm Depression/Bipolar Support 5:15-6:45 pm Check Out: 6:45 pm	26 Check In: 9:15 am Community Garden 10:00-11:30 am Hearing Voices Network USA 1:00-2:30 pm Trauma Survivors 3:00-4:30 pm Recovery Group 5:00—6:30 pm Check Out: 6:45 pm	27 Check In: 9:15 am Men's Group 10:00—11:00 am Creative Writing 1:00-2:30 pm Survivors of Suicide Attempts 3:00-4:30 pm Check Out: 4:45 pm
30 Check In: 9:15 am Volunteering at Fast Friends 10:45 am-12:45 pm Feelings of Anger 1:00— 2:30 Movie/Game Group 2:45-4:30 pm Check Out: 4:45 pm	Community Cleaning The last half hour of each day before Check Out we spend cleaning up the house. People have differing ideas of what clean means, and we may discuss these as we clean.	This Month's Field Trip is to Canterbury Shaker Village on September 16th. A sign up sheet will be posted on September 2nd.		

